Chef Brenda

Standardizing Recipes for Child Nutrition Programs

Recipe Name:	Seasoned Roasted Potatoes
Category:	Side Dish
Portion Size(s):	½ cup (4 oz server, 3 oz)
Meal Components:	Starchy vegetable

Ingredients:	100 Portions	
	Weight	Measure
Golden potatoes with skin, large diced	28 lbs	
Vegetable oil		½ cup 1 Tbsp 1 tsp
Herbes de Provence		1 cup
Salt, table		1 Tbsp 1 tsp
Black pepper, ground		2 tsp

Directions:

1. Wash and air-dry potatoes before dicing.
2. Preheat convection oven to 350° F. For every 25 servings, prepare one full sheet pan with parchment paper.
3. In a large bowl(s) or steamtable pan(s), toss potatoes with vegetable oil, herbes de Provence, salt and pepper until potatoes are fully coated with oil and seasonings.

4. Divide potatoes into 7 lb portions (25 servings) and spread potatoes in a single layer on each prepared sheet pan. Note: Do not overcrowd potatoes.
5. Roast in the oven for 35-40 minutes or until golden brown. Note: Depending on oven, potatoes may need to be rotated half way through cooking for an even roast.
6. Serve ½ cup/3 oz (4 oz server).

Yield Study: Per FBG 20.625 lbs provides 100-½ cup cooked, unpeeled, diced potatoes (1 lb AP = 0.99 lb (about 2 3/8 cups) cooked, unpeeled, diced potatoes. However, this did not provide enough roasted potatoes. Per yield study, 28 lbs raw potatoes needed for 100-½ cup cooked, unpeeled, diced potatoes, roasted in the oven. Yield conversion factor used is 1.33.

Nutrients Per One Serving (K-12):

Calories	99	kcal	Total Fat	1	g	Total Dietary Fiber	3	g	Vitamin C	12	mg
Saturated Fat	0	g	Trans Fat	0	g	Protein	2	g	Iron	0	mg
Sodium	113	mg	Cholesterol	0	mg	Vitamin A	10	IU			
Sugars	1	g	Carbohydrate	20	g	Calcium	12	mg			

Nutrient analysis conducted and shared in Mosaic #990194

Components Per One Serving (K-12):

Meat/Meat ALT		Grain		Vegetable(s)		Fruit		Milk	
0	oz. eq.	0	oz. eq.	1/2	cups(s)	0	cup(s)	0	cup(s)

Vegetable Subgroups:

Dark Green		Red/Orange		Legumes		Starchy		Other	
0	cups(s)	0	cups(s)	0	cups(s)	1/2	cup(s)	0	cup(s)

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